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FRONT PAGE!AND WITH GOOD REASON:
CANADA'S BRIAN MCKEEVER
WINS HIS SECOND GOLD
AT THE PARALYMPICS **PAGE 17**'Farm Boy'
growing jobs,
evidentlyOttawa grocery chain opening a store in south London in June — which translates into 150 new jobs **PAGE 3**Bachelor, i.e.
'lazy jackass'?Sure, our columnist has a girlfriend now, but that doesn't mean he can't live peacefully in squalor ... **PAGE 11**Cook me,
I'm IrishGreen brew not for you? You can always celebrate St. Paddy's Day with some lamb chops, cabbage soup and other Irish treats **PAGE 16**

'Heartbreaking' end

Terry Trafford. No cause of death for OHL player has been releasedDAVE
LANGFORD
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The death of Terry Trafford has brought the Ontario Hockey League to a standstill.

And in many ways, that's the appropriate response.

The body of Saginaw Spirit forward Terry Trafford, 20, was discovered late Tuesday afternoon in his truck at a Walmart parking lot in Saginaw, Mich. As of Wednesday, no cause of death has been released by Michigan State Police.

The game between the Spirit and the Sault Ste. Marie Greyhounds scheduled for Wednesday night in Saginaw was postponed. Ironically, a photo of Trafford was featured on the tickets for that game. Late Wednesday, that game was rescheduled to Monday in Saginaw.

OHL media manager Paul Krotz said the remainder of the OHL schedule, involving the Spirit, will remain as listed. The Spirit have games scheduled for Friday in the Sault and Saturday at home against London.

The schedule was slated to be wrapped up Sunday, but it will now be extended one day to handle the Saginaw-Sault game. Final playoff matchups will then be determined. At practice Tuesday, London Knights players were understandably upset with the news

Quoted

"I know the whole team's thoughts and prayers are with the Trafford family and with his friends and loved ones and the Spirit organization."

London Knights captain Chris Tierney

of Trafford's death.

"Obviously, our prayers go out to their family and all his friends," forward Max Domi said. "It's tough to see because he's such a good kid, so respected around the league, as a person, too."

Domi, in addition to playing opposite Trafford in the OHL, was his teammate for a brief time in minor hockey.

"Like when I was in minor atom, I played up with the '94 Marlie team ... and Traff played on that team," Domi said.

Domi said he also played his first OHL game against Saginaw and Trafford was on the team that night in 2011. "It was kind of cool.... You just kind of talk to guys when you line up against someone in the faceoff," he said. "It's kind of how you keep the relationship going."

Knights captain Chris Tierney said the loss of Trafford was "heartbreaking."

Tierney said the Knights' scheduled game in Saginaw on Saturday night will be difficult.

"If we go down there and play Saturday, it will be real emotional, and it will be a tough game," he said.

**Terry Trafford, a Toronto native, had played his entire OHL career with the Saginaw Spirit. He was last seen alive March 3, leaving the Spirit's home rink after being disciplined for violating team rules. COURTESY ONTARIO HOCKEY LEAGUE**

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Western U research

Transgender patients report bad experiences in ERs: Study

The majority of transgender patients in Ontario have had a negative experience when it comes to receiving care in an emergency room, a Western University study says.

Fifty-two per cent of the 408 transgender patients included in the study said they've faced at least one of several trans-specific issues covered in the analysis. Those include a doctor refusing care or refusing to examine certain parts of their body.

Led by Greta Bauer, the study shows 21 per cent of patients have avoided an emergency room visit because of worries about having a bad experience. Thirty-one per cent were told the health-care provider didn't know enough to provide care, the study says.

The findings will be included in the publication of the American College of Emergency Physicians along with an opinion piece calling for better training of medical students and residents along with things like gender-neutral washrooms in emergency departments.

"As far as we're aware, this paper represents the first published paper to examine the experiences of transgender patients in emergency department settings, and is based on data from our long-standing project, Trans PULSE," says Bauer, an associate professor in Western's epidemiology and biostatistics department.

METRO



Farm Boy stores focus on fresh produce, much of which is grown by local producers. The London store will be in the former Tag department store between Future Shop and Chapters. CONTRIBUTED

Ottawa grocery chain bringing jobs to city

Farm Boy. Company to open south London store this summer



SCOTT TAYLOR
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Ottawa-based Farm Boy will open a 27,000-square-foot market at 1045 Wellington Rd. in time for a June opening.

The store, which marks the company's 15th in Ontario, will come with 150 new jobs and is expected to be a boon for local producers.

"Farm Boy has long been a supporter of local producers

with many of its customer favourites being made by small, local artisans," the company said.

The London location will be the "first of many new stores planned for Southwestern Ontario," all of which "will embrace the thriving local food industry," the company said.

"London is a great city and we are excited to have the opportunity to introduce the community to the Farm Boy way," said CEO Jeff York. "With us, it's all about the food — offering the freshest high-quality food along with the best customer experience."

"We have built a solid reputation in Eastern Ontario

as a top destination for fresh, wholesome food," said York. "We're confident this reputation will continue to grow in London, and we plan to work hard to earn their business."

Farm Boy offers a wide variety of fresh produce, natural and organic foods and unique specialty items, including artisan farmstead cheese, fresh meats, sustainable seafood delivered fresh throughout the week, and a line of private-label products.

According to a company release, the London store will also feature preservative-free, fresh meals that can be taken home. There will also be an in-store cafe.

Farm Boy jobs

- The company is hiring for a variety of positions at the new store, including full-time and part-time customer service and management.
- A job fair is planned for noon to 8 p.m. April 11 and 8 a.m. to 4 p.m. April 12 at the Four Points Sheraton (1150 Wellington Rd.).
- Check the careers section at farmboy.ca for more.

1 NEWS

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Hydro One. Yurek leads calls for CEO's resignation as over-billing continues

Ontario's opposition parties said Wednesday they are being flooded with complaints about "outrageous" over-billing and poor customer service at government-owned Hydro One, and demanded the utility's CEO be fired.

A family-run grain elevator in the London area that usually pays at most \$4,500 a month for electricity got a three-month "estimated" bill from Hydro One for \$233,693.70, Elgin-Middlesex-London Tory MPP Jeff Yurek said.

It's the worst example so far of seemingly unexplainable Hydro One bills, and shows CEO Carmine Marcello cannot get a handle on the billing and customer relations problems, said Yurek.

"It's obvious that the culture of Hydro One isn't one of customer service or of care, and I can't see that changing with the CEO who created the culture staying in place," he said.

The family who got the huge hydro bill don't want to go public, but Yurek handed out copies of the bill, which showed an estimated usage of 22,442 kilowatt hours of electricity for 86 days, compared with their normal 400-to-500 kilowatt hours of "actual" monthly usage on previous bills.

The New Democrats also reported their constituency offices are getting flooded with calls from concerned customers and said they supported the call for Marcello's resignation.

Hydro One just learned about the large customer bill that Yurek made public and was looking into the situation,



MPP Jeff Yurek TORSTAR NEWS SERVICE

said spokeswoman Tiziana Baccega Rosa.

"Ultimately we want to make sure this customer is getting the right bill," she said.

The Liberal government said Yurek was more interested in playing political games than resolving a legitimate customer concern because he didn't raise the huge bill with Hydro One officials when they were in contact with him on Tuesday.

"The CEO (of Hydro One) has publicly apologized and is taking strong action to address these customer concerns," said Beckie Codd-Downey, press secretary to Energy Minister Bob Chiarelli.

Ontario ombudsman André Marin launched a formal investigation into Hydro One's billing practices after getting hundreds of complaints, and said his investigators "got the runaround" and experienced "stonewalling" from the utility.

Marin's office said Wednesday it has since logged 6,161 complaints about Hydro One, the highest number ever received about a single government organization.

THE CANADIAN PRESS

Wellspring charity. Western students' scavenger hunt downtown raises thousands

A recent scavenger hunt through the city organized by Western University students in the not-for-profit management program raised \$4,400 for Wellspring London.

The "Downtown ScAdventure" attracted 23 teams and more than 60 participants, all prowling downtown for fun, bragging rights and, most importantly, a good cause.

"My favourite part was when we finally found a stranger's dog to walk, and before we even said anything he just laughed and handed over the leash because three other teams had already asked to walk his dog that afternoon,"

Community for a cause

"I've lived and worked in London for five years, and this event was what really made me feel like I was part of the city."

Matt Irish, a member of one of the winning teams

said Matt Irish, a participant.

Students involved had been challenged to run a fundraiser for their class. Wellspring provides support programs for people living with cancer and their families.

SCOTT TAYLOR/METRO



A memorial has been placed outside the east London home where Betty Sloan died in a Tuesday fire. ANGELA MULLINS/METRO

London house fire kills beloved elderly woman

Investigators searching for cause. Betty Sloan was 'like my mom,' neighbour says



SCOTT TAYLOR
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The next-door neighbour of the woman killed in a Tuesday house fire at 80 Sterling St. feels like he's lost his own mom.

Don Rex lived beside 85-year-old Betty Sloan for more than eight years, and he often helped with her lawn in the summer and snow in the winter.

Losing Sloan is devastating, Rex told Metro.

Tragedy

"I don't know how to deal with it."

Don Rex, neighbour of Betty Sloan, who was killed in a Tuesday house fire.

"She was a sweetheart of a woman. I don't know how to deal with it," he said.

Because he works nights, Rex was sleeping when the fire erupted at about 12:30 p.m. east of Gammage and Oxford streets. He woke up when he heard the commotion outside.

"Someone in my lane-way asked if somebody lived there, so I threw my robe on and went running out," Rex said. "There were a couple of police cars and a couple of fire trucks there, but they hadn't gone into the house

yet."

He was terrified for Sloan and asked first responders if they had seen her car.

"I couldn't get to her lane-way to see if it was there because of the fire hoses and such," he said. "They asked me if she was home, and I asked if there was a car in the laneway and they said no."

"I asked again if there was a car there and they said no. I said if her car's not there, she's not there."

But the car was parked in its usual spot and had just been overlooked.

"I called her son and got voice mail, so I said, 'Your mom's not home, your mom's not home. She's OK.'"

"I was wrong," Rex told Metro on Wednesday, his voice breaking as he talked.

Firefighters pulled Sloan from the house and performed CPR and used a defibrillator to try to save her, but their efforts were in vain, Rex said.

Moments before her son arrived, the ambulance left for the hospital.

The fire marshal was at the scene Wednesday morning investigating the cause of the blaze, which was mostly contained to the main floor.

The fire is not believed to be suspicious. There were no working smoke alarms in the house, officials said.



Need we say more? The Wednesday morning scene at an Oxford Street bus stop as snow settled in.
ANGELA MULLINS/METRO

'Slow down!': OPP says people have bad driving habits

Accidents. Highways 401, 402 littered with wrecks as snow falls



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Wednesday's snow turned area highways into demolition derbies, as vehicle after vehicle found itself off the road.

OPP officers no sooner arrived at one collision before they were being notified of another. Throughout the day, various sections of highways 401 and 402 were closed, opened and closed again because of accidents.

And the reason for it all, according to OPP Sgt. David

Rektor?

"Since the start of the winter, through all the bad weather we've had, people have refused to change their driving habits," he said.

At one point on the 402, he said, police drove side by side at 60 to 70 kilometres per hour in front of traffic to keep people from driving too fast. Even then, some motorists tried to make them speed up or attempted to find a way around them.

"You can't change road conditions," Rektor said. "All you can change is driving habits, and (people) don't want to do that."

A new challenge awaited motorists as the snow began to taper off later in the afternoon. Quickly dropping temperatures and strong winds moved into the area, keeping

roads treacherous.

Spring simply can't come soon enough, Rektor said.

"Unfortunately, that's the only thing that'll change people's driving habits is if spring comes because they haven't caught on all year," he said. "We just had these issues throughout the entire winter season."

Warning tweet

An OPP tweet from Wednesday:

- "Hwy. 401 closed W/B between Queens Line and Walker Road — due to numerous collisions! Speed is a significant factor! S L O W D O W N!"

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Vasile Caniuc had never watched a game of basketball in his native Romania. Now? "I love it. I am the No. 1 fan" of the London Lightning, he says. SCOTT TAYLOR/METRO

Lightning make a 'superfan' out of businessman

NBL. Vasile Caniuc had never seen a basketball game in his native Romania — now he's hooked

London Lightning general manager Taylor Brown calls him their "silent superfan."

Even Brampton A's head coach David Magley knows about Vasile Caniuc, despite the quiet, reserved approach he takes to cheering the team on.

"He came here as a stow-away and has built himself a successful business," Magley said this week, after a pre-game chat with Caniuc.

Caniuc will be just one of more than 3,500 fans who will be on hand for Game 4 of the National Basketball League of Canada conference semifinal series at Budweiser Gardens on Thursday.

The Lightning trail 2-1 in the best-of-five series and face elimination Thursday. Should London win, Game 5 will be in Brampton on Saturday night.

The tale of Caniuc is something movies are made from. He has become legendary in London.

He spent 17 days as a stow-away with six fellow Romanians who emigrated in 2001. He was homeless in Halifax and worked his way to London, where he has become a successful builder with Millstone Homes.

It's a terrific story, with

many twists and turns, and suffice to say a happy ending.

How Caniuc became a Lightning fan is almost an epilogue to his journey. A business relationship with Lightning owner Vito Frijia played a major role.

He had bought season tickets the first year, but later in the season got a call from Frijia asking why he wasn't coming to the games. He wasn't a sports fan and had never watched sports, let alone basketball.

"(Vito) said, 'I want you to sit on the floor for the playoffs, if you want.' After that, I got hooked," Caniuc said this week.

So much so that he flew to Halifax two years ago to watch a playoff game and was on hand last season in Summerside, P.E.I., when the Lightning won their second consecutive championship.

He has also "invested" in the Lightning, buying 100 tickets for a single game on one occasion two years ago and 50 once this season.

Magley said the London fans are different than anywhere else in the nine-team league.

"There's story after story about those London fans, especially those ones who sit around the court, that are not necessarily basketball folks, but just love the city of London, love supporting Vito and love the Lightning, and you go, 'Gosh that's just cool,'" Magley said.

"This is what we're all trying to emulate."

DAVE LANGFORD/METRO

Playoffs

At least 3,500 expected at Thursday's game

Brampton A's coach David Magley was asked if the London Lightning's raucous crowd makes a difference when the A's hit the floor at the Budweiser Gardens.

"I don't think that the crowd has been the factor, although it's definitely a factor," Magley said.

With each team winning at home through the first three games, the difference in attendance has been startling.

The A's have won twice in Brampton with 200 and 1,140 fans; the Lightning won at home last Wednesday in front of 4,356 fans.

Lightning general manager Taylor Brown said at least 3,500 are expected Thursday.

Point guard Stephen McDowell will be sidelined for the game — and the rest of the season — with a hairline fracture in his right heel, the team announced Wednesday. James Millen has been activated.

Food processing remains strong despite closures: Ivey study

Despite a number of high-profile plant closures in recent months, the food-processing industry in Canada is becoming more competitive and those efforts are likely to bear fruit in the form of jobs, according to a new study.

Western University's Ivey Business School says its study found that the most commonly cited reason for closures was that a plant was no longer competitive and, in many cases, production was being consolidated at another location.

But when new plants open, they are often larger and incorporate new technology that drives down costs, it found.

Recent high-profile food-plant closures in Ontario, such as the Kellogg operation in London and the threat of closure that loomed over the Heinz plant in Leamington before it was saved by a last-minute deal, raised concerns in a province that had watched its auto and steel industries decimated by the recession.

While auto manufacturing has improved, a string of closures



Kellogg's London plant. THE CANADIAN PRESS

has led many to question the future of food processing

in the province.

But the Western study, co-authored by David Sparling, said from 2008 to 2014, the 105 closures in the province have been balanced by 105 openings and plant investments.

That means that while plant closures resulted in job losses, the industry overall did not experience a net decline in employment.

"The food industry typically has had lots of small plants and lots more retail," he said. "The new footprint for global competitive manufacturing

tends to be larger plants and probably located close to workforces as well as markets and transportation corridors."

London, Hamilton, Brantford, Toronto and Windsor are all large centres that have big workforces and the ability to service a larger company, he said.

When looking to set up new plants, he added, companies are considering whether there were people in the area who already understood manufacturing and were looking for work.

THE CANADIAN PRESS

More details

- In 2007 and 2008, 48 food producers closed in Canada, outnumbering the 27 openings and plant investments.
- Ontario was the hardest-hit province.
- Closures and openings have since balanced out.

Lost plane. Satellite images show suspected debris

Satellite images on a Chinese government website show suspected debris from the missing Malaysia Airlines jetliner floating off the southern tip of Vietnam, China's Xinhua News Agency reported Wednesday.

The revelation could provide searchers with a focus that has eluded them since the plane disappeared with 239 people aboard early Saturday.

The report said the images from around 11 a.m. on Sunday appear to show "three suspected floating objects" of varying sizes, the largest about 24 metres by 22 metres.

The report includes coordinates of a location in the sea off the southern tip of Vietnam and east of Malaysia. The images originally were posted on a national defence technology website.

No other governments have confirmed the Xinhua report, which did not say when Chinese officials became aware of the images and associated them with the missing plane.

The search for the plane, which left Kuala Lumpur for Beijing before disappearing early Saturday, has encompassed 92,600 square kilometres of Southeast Asia and on Wednesday expanded toward India.

It was also revealed Wednesday that the last message from the cockpit of the missing flight was routine: "All right, good night" was the sign-off transmitted to air traffic controllers five days ago.

Then the Boeing 777 vanished as it cruised over the South China Sea toward Vietnam, and nothing has been seen or heard of the jetliner since. **THE ASSOCIATED PRESS**



The Indonesian National Search and Rescue Agency performs a search for the missing Malaysia Airlines plane off Sumatra Island on Wednesday. **HERI JUANDA/THE ASSOCIATED PRESS**

Explosion levels two buildings in New York



New York firefighters respond to a five-alarm fire and building collapse in the Harlem neighbourhood of New York City on Wednesday. Reports of an explosion were heard before the collapse of two multiple-dwelling buildings that left at least three dead and many injured. **ANDREW BURTON/GETTY IMAGES**

Hell up in Harlem.

At least three dead, many others injured after gas leak triggers massive blast

Three people have died after a gas leak caused an explosion Wednesday morning, collapsing two Manhattan buildings, officials said. At least 27 people — including three children — were injured and at least nine individuals are still missing.

New York Mayor Bill de Blasio's administration confirmed late Wednesday that officials are still treating two serious, life-threatening injuries and five serious but non-life-threatening injuries. Twenty others suffered minor injuries.

Two of the three deaths are confirmed to be women. Doctors at Mt. Sinai Hospital confirmed that they treated three children from the incident, at least two of whom were already released.

De Blasio arrived at the scene in the early afternoon and thanked the first responders, describing it as an incredibly fast response while cautioning that the situation was

Quoted

"I thought it was a bomb. It sounded like a bomb. I immediately thought of 9/11. We just saw people running, running, running. It was just a scene from 9/11."

Sandra Suro, who lives nearby on 115th Street and Madison Avenue

still developing.

"This is a tragedy of the worst kind because we had no indication so that we could save people," de Blasio said. He declined to give any numbers of how many are missing, but said police had a list of people they are tracking down.

"Suffice it to say that every effort is being expended to locate every one of these individuals," de Blasio said.

New York City fire Commissioner Sal Cassano told reporters that the building was in a "precarious position," and firefighters would concentrate on extinguishing the blaze before removing debris to make sure no other people were under the rubble.

METRO WORLD NEWS IN NEW YORK

Nearby residents react

'It blew me out of my bed'

Nearby residents were literally shaken up by the explosion and building collapse that rocked Harlem Wednesday morning, and they described the scene to Metro.

"It blew me out of my bed," said Jay Virgo, 30, who lives in a building across the street. Virgo said she saw four or five people lying on the ground outside looking "lifeless."

Joseph Thomas said, "It took out the windows and there was stuff flying around in the air. It shook the whole building like a bomb."

Reinaldo Rosario, 48, was waiting to hear about his girlfriend's brother, who lived in the building that collapsed.

"I'm shaking," he said. "(The explosion) was loud. I thought it was our building because the building shook."

Andrew Padilla, 24, is a lifelong East Harlem



A member of the NYPD gestures as emergency personnel respond. **ANDREW BURTON/GETTY IMAGES**

resident and an independent journalist and filmmaker in the neighborhood. He told Metro, "I heard the explosion. I was a half-mile away and the building began to shake and I smelled smoke. I'm born and raised here so I wanted to figure out what happened."

Even Molley Mills, 45, said she looked outside and saw smoke billowing in the air.

"The helicopters turned up and sirens were going everywhere — it was just crazy," she said. **ANDREA PARK/METRO WORLD NEWS IN NEW YORK**

Hitting home

New Yorkers hear echoes of Sept. 11 in Harlem blast



JESSICA SMITH CROSS
Metro in Toronto

Since a pair of apartment buildings exploded in East Harlem Wednesday morning, everyone Metro New York reporter Anna Sanders has talked to has said it's brought up a lot of their fears related to Sept. 11, 2001.

Sanders said the explosion wasn't related to terrorism, but before people knew that, there was chaos in the area. "People were running, crying," she said. "There was smoke everywhere and no one knew what was happening."

"As you can imagine, any time this happens in New York City, people think back to 9/11," she said. "At least two people's lives were lost and that's tragic in and of itself. This isn't the scale of 9/11, but it obviously hits home in the city because of Sept. 11."

Sanders arrived at the site about an hour-and-a-half after the explosion on Wednesday morning, after making calls to find out what had happened.

"I was about a block away," she said. "I saw a lot of smoke. It was very chaotic. There were a lot of first responders trying to battle the fire still."

Sanders described the neighbourhood where the buildings exploded — East Harlem, or Spanish Harlem — as a "classic New York neighbourhood" that's not rich, but is a nice place where local residents tend to have ties to the community.

12 years a mission: Kabul's Maple Leaf down for good

Bound for home.

Troops wrap up Afghan duty, Canada's longest-ever campaign

As the Canadian flag inched its way down the pole Wednesday at NATO headquarters in Kabul, Master Cpl. Jordan Taylor didn't necessarily see the red and white Maple Leaf.

The faces of friends who didn't come home were before his eyes.

"I see their faces all the time, always remember them. So, that's what I was reflecting on," said Taylor, who helped haul down the flag on Canada's longest-ever military mission.

The wounds this country has inflicted were on quiet, subtle display at the understated ceremony before the headquarters building.

Sprinkled through a crowd of three dozen Can-

adians who stood at attention were troops who'd returned to Afghanistan three, four, even five times in the dozen years the army has been involved in trying to stabilize the fractured nation.

During the ceremony, dignitaries — Canadian and allied alike — praised the country's involvement and sacrifices.

The country's top military commander, Gen. Tom Lawson, spoke about how the government will rally around its veterans now that they're home.

The war cost the lives of 158 soldiers, one diplomat, one journalist and two civilian contractors.

Canadian commandos, hunting al-Qaida, were the first troops to hit the ground in late 2001 and they were followed by as many as 40,000 more rotating through different campaigns, including the five-year combat mission in Kandahar.

THE CANADIAN PRESS



The army takes down the Canadian flag for the last time in Afghanistan on Wednesday, bringing an end to 12 years of military involvement in a campaign that cost the lives of 158 soldiers. MURRAY BREWSTER/THE CANADIAN PRESS

Eyes on Ford's job

Olivia Chow steps down as MP

Olivia Chow resigned her seat in Parliament Wednesday preparing to launch her bid to replace Rob Ford as mayor of the country's largest city.

Chow is expected to formally kick off her campaign Thursday in the Toronto neighbourhood of St. James Town, where she grew up.

She is considered one of the front-runners in the race that includes one-time provincial Conservative leader and failed mayoral candidate John Tory, city Coun. Karen Stintz and infamous incumbent Rob Ford.

Jamey Heath, who will be communications director for Chow's campaign, said the former NDP MP will be the only "progressive" contender in the already crowded field.

THE CANADIAN PRESS

We'll keep the loonie: Marois

An independent Quebec would want to keep using the Canadian dollar and hopes to have a seat at the Bank of Canada, Parti Québécois Leader Pauline Marois said Wednesday.

The Quebec economy is in good shape and it would be beneficial to Canada for Quebec to be involved with the dollar and the central bank, Marois said ahead of the April 7 provincial vote.

"We could wish to have a seat at the Bank of Canada but we accept the fact it is the bank's monetary policy that would apply," she said.

"There are eight million people living here in Quebec and we have an economy that is a rich one."

"We have a lot of consumers. We have a lot of business organizations on our territory and I think it is important to have a place at this level (the Bank of Canada). But if it is not the case, we will see."

In reiterating the PQ's longtime position that Quebec could use the Canadian currency, Marois pointed

From the history books

Before the 1995 referendum, former PQ premier Jacques Parizeau said he had no problem with keeping the Canadian dollar.

- Parizeau had also said the idea of a Quebec currency "invariably sparks widespread panic among people."

out that European countries are independent but share the euro.

The PQ leader also promised Wednesday to reduce Quebec's debt to under 50 per cent of gross domestic product by 2018-19. As of March 31, 2014, it was projected to stand at 54.3 per cent.

Liberal Leader Philippe Couillard once again directed his attack at Marois' intention to lead Quebecers toward another sovereignty vote.

THE CANADIAN PRESS



Quebec Premier Pauline Marois listens to Quebec treasury board chair Stéphane Bédard on Wednesday in Quebec City. CLEMENT ALLARD/THE CANADIAN PRESS

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Top editor at Russian online news site is axed

Galina Timchenko.

Fired by the site's billionaire owner after official complaints over Ukraine coverage

The owner of a leading independent Russian news website has fired its chief editor following official complaints over the outlet's coverage of Ukraine.

Lenta.ru says Alexander Mamut, who also owns several other media outlets, dismissed Galina Timchenko on Wednesday. She will be replaced by the former editor of a staunchly pro-Kremlin website. The Lenta.ru editorial team said in a state-

'Extremist material'

The website had received a warning from a state communications regulator over an interview with radical Ukrainian nationalist Andriy Tarasenko, who had engaged in anti-government protests. The regulator said the website breached a law banning dissemination of extremist material.

ment that Timchenko's removal marked a further decline in media freedom. "The firing of an independent chief editor and the appointment of a malleable person — this is a violation of the law on mass media, which rules out any censorship," said a

statement by workers.

The website had received a warning from a state communications regulator over an interview with prominent radical Ukrainian nationalist Andriy Tarasenko, who had engaged in the anti-government protests that sent Ukrainian President Viktor Yanukovich fleeing to Russia last month.

The regulator said the website also had included a link to earlier comments by Dmytro Yarosh, a nationalist leader who is wanted in Russia on charges of instigating terrorism over recent alleged calls for Chechen insurgents to mount attacks against Russia. The regulator said they breached a law banning dissemination of extremist material. **THE ASSOCIATED PRESS**



One more wallop of snow to make us happy

A woman shields herself from blowing snow on Clifton Hill in Niagara Falls, Ont., during a snowstorm Wednesday. Much of southern Ontario endured a wintry wallop. **AARON LYNETT/THE CANADIAN PRESS**

Web creator wants protections

The British inventor of the World Wide Web wants a digital bill of rights to protect Internet users from surveillance.

Speaking on the 25th an-

niversary of his creation, Tim Berners-Lee says he hopes to spark a global conversation about the need to defend principles that have made the web successful.

He said that the web was under increasing attack by governments and corporate interests. He added the system needed an online Magna Carta. **THE ASSOCIATED PRESS**



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\$1,370.50 (+\$23.80)

Natural gas: \$4.49 US (-\$0.11)
Dow Jones: 16,340.08 (-11.17)

Inquiry

FTC puts Herbalife on notice in U.S.

Herbalife is facing an inquiry from the Federal Trade Commission in the U.S.

The nutrition and supplement company said Wednesday that it received the civil investigative demand from the FTC on Wednesday. A representative from the FTC was not immediately available to comment.

Herbalife says it welcomes the inquiry, noting a "tremendous amount of misinformation in the marketplace" about its business. The company says it believes it is in compliance with all laws and regulators and plans to co-operate fully.

THE ASSOCIATED PRESS

FOR MORE ON HERBALIFE'S CONTROVERSIAL BUSINESS MODEL, READ "HEALTH PRODUCTS COMPANY OR PYRAMID SCHEME?" ON METRONews.ca

Hot housing market is not overheated, says expert

Report. Economist goes against the grain claiming current house prices are fairly valued, or even undervalued

A new report into Canada's hot housing market is trying to calm fears of a coming collapse in prices, saying the biggest threat to home valuations may be government meddling with mortgage rules.

The paper by economist Will Dunning, who runs a real-estate market research firm in Toronto, says Canadians have been mostly prudent investors in housing and that the market can absorb either higher prices or a one per cent hike in interest rates.

Rather than being overvalued, house prices in Canada are fairly valued and may even

Begs to differ

- The Bank of Canada and our government have warned about an overheated housing market for several years, arguing that once interest rates start rising, the roof will cave in for some home buyers.
- The Organization for Economic Co-operation and Development has also pointed to Canada as having the world's most overvalued housing market.

be undervalued, he says.

The paper was released the same day a new Teranet-National Bank composite price index rose to a new all-time high, showing home prices rose 0.3 per cent in February.

THE CANADIAN PRESS



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CBC



The tipping point on tips?

A Starbucks payment app is shown on a smartphone. The coffee chain will soon let customers leave tips with its mobile-payment app. The mobile tipping option will be available on its updated app for iPhones starting March 19. The rollout comes as the company's app has surged in popularity, with roughly one out of every 10 purchases now made with a mobile device. After paying with the app, Starbucks says customers will be able to leave a tip of 50 cents US, \$1 US or \$2 US any time within two hours of the transaction. The tipping option will only be available at the 7,000 of the roughly 11,000 Starbucks locations in the U.S. that are owned by the company.

GRAEME ROY/THE CANADIAN PRESS/THE ASSOCIATED PRESS

BACHELORHOOD, DEFINED

What does it mean to be a bachelor?

I've always considered myself a bachelor, from the tip of my cowlick to the bottom of my mismatched socks. Yet I've had a girlfriend for months now.

Must I turn in my bachelor's card? Am I something else now?

I refuse to believe that. To me, bachelorhood is so much more than whether I'm dating. What would that mean for my lack of cooking, my avoidance of cleaning my apartment, my inability to plan?

I'm not just the person I date; I'm all the things I don't do, too.

Being a bachelor is a state of mind. Some might argue that state of mind is "lazy jackass," but you can be a very nice bachelor, no matter what TV's *The Bachelor* might teach us.

It's about being comfortable with who we are. It's about accepting that we will always screw up the laundry, the date, the meal. Because if we didn't accept it with a grin, we'd go mad.

While ruminating on this definition of bachelor, it occurred to me that there are many bachelorhood terms and slang that



HE SAYS
John Mazerolle
metronews.ca

help define the world we live in. I then created a list of definitions so that you might understand me and my people.

Earning Your Bachelor's Degree: A Bachelorhood Glossary

Bache-lor: Superhero known for his Blu-ray vision, imperviousness to mould, and ability to read entire Calvin and Hobbes collections during a single toilet sitting.

Bachelor-hood: A community within a city that has curbside garbage comprised of at least 90 per cent pizza boxes.

Bachelor party:

1) Four or more bachelors on one couch playing Xbox.

2) A party for an engaged man whose friends attempt to show him the worst, most abusive time possible, often in preparation for what his marriage will be like.

Bachelor shower:

1) Applying deodorant or cologne in lieu of a shower.

2) Taking an actual shower for approximately 40 minutes until the water runs cold and the bathroom is steamier than a Shannon Tweed VHS intro.

ZOOM

Getting to the heart of it



ANDERS PERSSON/WEELCOME IMAGES

Anatomical image scan wins top award

A striking image of a mechanical heart pump inside the patient's chest has been named as the overall winner of the Wellcome Image Awards 2014, a leading competition for medical photography. The picture was captured by Anders Persson, a pioneer in using colour 3D images from scans in clinical practice. **METRO**

Judge's corner

"The juxtaposition of delicate human anatomy with the robust mechanical plumbing parts is dramatic, and the image is rendered so vividly in 3D that it appears to jump out at the viewer."

BBC medical correspondent
Fergus Walsh

DIY it

- The Swedish scientist used a new scan type known as dual energy computed tomography (DECT) angiography: A patient is scanned with two sources of X-rays at different energies.

Bathroom: Room for building online-dating photo portfolio.
Bed-making: Something done once, usually with an Allen key.

Bedroom: Walk-in hamper.

Carpet: Bache-lor's greatest enemy, absorber of stains and hurler of vicious static electricity.

Confirmed bachelor: Guy you can clearly see is wearing two different socks.

Diet: Only using half the icing on a Toaster Strudel.

Home cooking: Take-out from any restaurant within 500 metres of where you live.

Kitchen: Hallway to garbage can.

Muffin top: The laundry at the top of the hamper that pours out of the top and gets washed repeatedly, as opposed to the Muffin stem of clothes that sits at the bottom of the hamper for all eternity.

Snow (also 'base' or 'wacky dust'): Street slang for Carnation Instant Breakfast Powder Drink Mix.

Spring cleaning: Taking the Slinky into the shower.

And that's my small window into the world of the bachelor, whether he's single or not. Speaking of which: If you see my girlfriend, tell her I've been thinking about her while I work on my definition.

Clickbait



IRENE KUAN
Metro Online

The Internet turned 25 this week, and we can thank its inventions for the existence of certain words we use daily.

Here is a list of the best words the Internet has given humankind.



SCREENGRAB

Avatar

In computing terms, an avatar is a graphical representation of a user's alter ego, usually used in virtual world games or Internet forums.

Trolling

This is Internet slang to describe a person who tries to upset people online, by posting inflammatory or off-topic messages on forums or websites to deliberately provoke other web readers' emotions.

Meme

In Internet talk, a meme is something that has been built upon or manipulated that spreads from person to person online. Some memes have gone viral on sites like Reddit, 4Chan and Facebook.

Hashtag

A hashtag is a word or phrase prefixed with a hash symbol (#). It is often used for social media or microblogging sites like Twitter and Instagram.

Twitter

@metropicks asked: The web turned 25 March 12. It allows us to binge watch, over share and shop easily. But how has it made our lives more difficult?

@AJokeDare: I always feel like somebody's watching me

@Zaedum: it makes us realise much our everyday lives suck compared to most. #justsaying #imsobering

@deefontein: Yes, the paradox of choice at it's finest. IE. Spending hours scrolling Netflix choices & watching O.

@speirs: Pre-Web, I'd mend a wound. Now, I consult Intrnet for med advice, but become overwhelmed, so let it fester & wait for something 2fall off

Follow @metropicks and take part in our daily poll.

WE WANT TO HEAR FROM YOU:
Send us your comments: londonletters@metronews.ca

SCENE 2

This survivor designs for life

Inspirational. After hearing news that she had breast cancer, Allison Napier decided to make a dress from medical supplies



BACKSTAGE PASS
Mila Petkovic
london@metronews.ca

Allison Napier found a unique way of dealing with her illness, using her artistic sensibilities to construct a dress out of medical supplies.

"When I had my breast cancer the nurses that looked after me, who came in and changed the bandages, left me boxes of supplies — latex gloves, masks, bandages and syringes," Napier says. "I didn't want to look at the stuff in my house anymore. It was behind me, and I didn't like what it represented. I wanted to change it into something beautiful."

Caring professionals

"When my doctor told me I had cancer, she cried. She would call to see how I was and mailed me books to read. When I fainted in my surgeon's office, she laid me down and sat with me and put a cloth on my forehead. Medical people kept me together in a world I didn't know anything about."

Allison Napier

Around town

- **Tunes.** Folk artist Olenka Krakus is saying farewell to London and hello to Vancouver with a show at Aeolian Hall (795 Dundas St.) on Friday. Doors open at 7 p.m. Tickets are \$15 in advance at Grooves Records.
- **More tunes.** Catch Tandem Eagle, Traumahawk and High School Sweetheart at the second Lachie Music Festival 2014 fundraising event at the Black Shire Pub (511 Talbot St.). Doors open at 9 p.m. Cover is \$5.

She transformed the materials into the Medical Beauty Dress and headpiece, which will appear in the wearable technology and made clothing fashion show put together by DHMakerBus and Museum London for their Third Thursday event.

The show, which highlights fashions created from unconventional or upcycled materials, and those involving technology and wearable computing, will feature 22 pieces by 13 makers from southern Ontario and beyond. Napier's unique piece is a dance-influenced work made up of a tutu with a bodice — held together by the wristbands she collected from hospital visits — and completed with a red ribbon.

"The whole thing was sort of like a crazy dance I had to go through, fluid from the beginning to end," says Napier. "When it's modeled you twirl the red ribbon. That's part of me in it — constantly moving and



The Medical Beauty dress and headpiece, created by Allison Napier during and after her ordeal with breast cancer. The piece will be modelled at the wearable technology and made clothing fashion show at Museum London on March 20. CONTRIBUTED

fun. It represents me in it, but not attached to it."

The dress is also a tribute to her doctors, nurses and surgeon who took the time to comfort her during a time when she was vulnerable and scared.

"When I see the dress now, it gives me this great surge," she says. "Something really awful happened to me, but the dress is well made and strong out of these things that I grew to hate seeing."

Other creations to be modeled at the event include an umbrella that detects the colours you are wearing and mirrors them with LED lights, a dress made of old, smashed CDs and VCR tape and a dress with a screen that displays live tweets.

"I think the maker movement is really empowering to people," says Ryan Hunt of DHMakerBus, an organization whose aim is to bring technology education to youth through its mobile

classroom — a converted school bus, which will be present at the event. "A lot of times in contemporary society when something breaks you buy a new one."

"The maker movement tells people you can make and fix things — giving people back the power to manufacture things." The event takes place at Museum London at 7 p.m. March 20. Tickets are available online for \$10. Visit museumlondon.ca for details.

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Angelina Jolie PHOTOS: GETTY IMAGES

Six kids later, Angelina Jolie is finally taking up cooking

With six kids at home, it might come as a surprise to learn that Angelina Jolie is only now learning how to cook, but there you go. "Angelina took her first cooking class last year. Her lack of cooking abilities was really getting to her, but she's finding cooking has become a great therapeutic exercise," a source tells Radar Online. "Angelina gets a kick out of feeding her kids herself and loves the creative side of it, although she admits she's

not quite at that stage where she's confident enough to go 'off recipe' and experiment. But she's working on getting there." So where does a globe-trotting Oscar winner go for cooking lessons? Why, to Munawar Hosain, a member of the Hollywood Foreign Press Association, who has reportedly been giving Jolie regular lessons in preparing Indian dishes at his Beverly Hills home. "Angelina absolutely loves the hands-on instruction," the source says.

Chris Pine to face drunk driving charges in NZ

Chris Pine, known for playing Captain Kirk in the Star Trek movies, has been charged with drunken driving in New Zealand. The 33-year-old American is due to make his first court appearance in the case on Monday, court officials said Wednesday. New Zealand Police said in a statement that a 33-year-old American was charged March 1 with driving

with a blood-alcohol level over the legal limit, which in New Zealand is .08 per cent. Police did not name the man, but said he was stopped during a routine early-morning check near the South Island town of Methven. Pine has been in New Zealand filming the movie Z for Zachariah, which is due for release next year.

THE ASSOCIATED PRESS

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



A glimpse into Lohan's little black book

MELINDA TAUB

Metro World News in New York

Max George. Heath Ledger. Jamie Dornan. Zac Efron. Justin Timberlake.

All these and more are notches in Lindsay Lohan's bedpost, according to In Touch. Reportedly, Lindsay was hanging out with some friends at the Beverly Hills Hotel on Jan. 30 when she grabbed a pen and started jotting down names — most of whom were very famous and very handsome. "It was her personal conquest list," says a witness. "She was trying to impress her friends with the list and then tossed it aside."

Apparently, in between stints in jail and rehab, Lindsay found plenty of

time for amour. The list, which contains at least 36 names, also includes such celebs as J. Phoenix (Joaquin, is that you?), Lukas Haas, Evan Peters, Wilmer Valderrama, Colin Farrell, James Franco, Adam Levine and Garret Hedlund.

I have my doubts about this. Lindsay has mostly been a mess these last few years; it doesn't seem likely that she could have kept these high-status hookups this quiet for this long. (You don't think she would have drunkenly screamed "I hit that" whenever a Justin Timberlake song came on in the club? Because I would have.)

I hope it's true, though, because first of all you go, girl; second of all, almost half the list is blurred out, which suggests there are even bigger, more scandalous hookups on there that we have yet to learn about.



Naomi Campbell

Done with the diva life? Naomi Campbell wants to be a mom

Naomi Campbell is ready to be a mom, and she doesn't mind going it alone. "I do want to have children, whether I have a man or not. I will have it on my own," the supermodel told designer Diane von Furstenberg during a SiriusXM Radio chat recently. Camp-

bell, who broke up with billionaire Vladimir Doronin nearly a year ago, also revealed she was infertile until very recently. "I was not able to have children up until March," she said. "Now it's in God's hands. I would love to have a family."

Twitter



@bobsaget

Good people are hard to come on.



@WhitneyCummings

Watching wedding dances on YouTube for three hours is healthy right?



@KellyOsbourne

On my THIRD laser tattoo removal surgery!!

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She's got unblurred ambition

You know she wants this. Model and actress Emily Ratajkowski chats about balancing her silver screen acting ambitions with putting money in the bank

RICHARD PECKETT
Metro World News

You'll know Emily Ratajkowski as the bodacious beauty from Robin Thicke's *Blurred Lines* video. She's all nubile flirtation — no top, nude panties, white sneakers and rouged lips temptingly parted — meets wide-eyed pseudo-innocence, playfully skipping and bouncing to the beat.

We watched, gyrated and leered. It was the music world's *Fifty Shades of Grey*, dividing opinion over its social acceptability: ban it versus give me more. The polarization of opinion is irrelevant; although we all had something to say on the subject, it brought one girl originally cast as a back-up dancer to the fore.

That said, the line between Ratajkowski's current image as sexpot eye candy is at odds with her "Martin Scorsese" acting ambitions. She intends to blur the boundaries between two incongruous worlds through what she refers to as "balance" between the commercial (read: cash-paying) roles and creative career-progressing endeavors.

She has a clear mission statement, but it's one that could be difficult to implement when you consider that she's a YouTube beauty to the tune of more than 276 million views, and now surely commands considerable buck to boogie. It will depend on the success of her upcoming role in direc-



Don't be fooled by her fawn-like appearance. Behind the big brown eyes and ditz dancing is a girl who, in her words, "is looking to surprise people."

ADAM KATZ SINDING/GETTY IMAGES

Hey, hey, hey!

"For every sexy thing, I want to do a fashion thing. For every modeling job, I want to do a serious acting role."

tor David Fincher's *Gone Girl* as to whether Ratajkowski can escape that lucrative but vapid music video dance sphere.

Initially, the 22-year-old was reluctant to be cast in the video.

The tough and the topless

The model and her family have the final word on the controversial Ratajkowski (pronounced 'rat-a-COW-ski' — the 'j' is silent) phenomenon.

- When asked what her mother, a feminist and English professor, thought of the *Blurred Lines* video, she replies, "She thinks it's beautiful and important for women to embrace their sexuality."
- Ratajkowski describes the word feminist as "testy", saying, "People connect a lot of strange things to that word. In general, I really love women and I want them to be treated equally." She continues: "I think some people have a problem with a model, who's done nude work, using the word feminist but I have no problems with saying it."

It was the video's director who convinced the young model to accept the job, while Thicke, a married man in his mid-30s, took the brunt of the negative barrage for the video's sexist undertones.

Ratajkowski, the current face of fashion retail site Revolve, is keen to avoid being typecast as a gushing airhead despite appearing in the 2014 *Sports Illustrated Swimsuit* Issue.

"I'm definitely not into that swimsuit model vibe. I like the ballet and I like to see female porn films — I'm a little different in that way, I guess," she asserts.

The British-born model is aware that her topless cavorting

could strike discord with Hollywood directors. But as she rightly points out on being cast as Ben Affleck's mistress Andie in *Gone Girl*, due out this October: "When you're working with director David Fincher [*The Social Network*, 2010, and *The Girl With The Dragon Tattoo*, 2011] people definitely do take you seriously." She adds: "I'm doing *Sports Illustrated* but I'm also appearing in the Spanish fashion magazine *S Moda*. For every sexy thing, I want to do a fashion thing. For every modeling job, I want to do a serious acting role."

Of course, the pigeonholing might well be something that she has to contend with for the meantime. However, it makes sense for her to make the break from being desktop dance star to silver screen sensation in order to certify her as a serious acting talent. "I want to establish myself [in the industry] and there are a few things that'll be announced in the next few months that will balance everything out," she says.

The modeling profession wasn't always receptive to Ratajkowski's plans to break into acting — a dream she's had since childhood.

"I told an agency in New York my goals and they said it was only a select group of girls that have that opportunity," she explains.

The timing of the Fincher film might be fortuitous but it seems doubtful that this is the case of a pretty wallflower seizing her 15 minutes of fame.

For her part, Ratajkowski makes it sound like she's always had a career game plan and it doesn't involve selling out for questionable success. "Throughout my childhood I acted, so it was always something I felt passionate about — I just really didn't want to play the mean girl in high school or the cheerleader," she says.

Trends Report

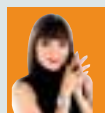
Wouldn't you love a dress that could slim out your silhouette? Go online to Trends Report to see the Chanel outfit actress Keira Knightley wore at a Paris fashion show this month that had the media buzzing about her ultra slim waist.

- Online. Follow Irene on Twitter at @MetrolreneK or Instagram: kuanirene; metronews.ca/voices/trends-report

Photo: Getty Images



Twitter



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5 mistakes that can ruin your reno

Get your house in order.

Avoid these renovation pitfalls to save time, money and your sanity



DESIGN CENTRE
Karl Lohnes
home@metronews.ca

1. Not knowing your resale timeline

Is the space you are renovating a limited investment or will you be living in this home for the rest of your life? That influences the amount of time, customization and money you should spend.

A first-time purchaser of a studio-sized condo will most likely only live in it for two to five years before they sell up, so spending a lot of money on things they can't take with them is not a smart idea. A family with school-age children will most likely settle in a home for five to 10 years before thinking of reselling.

For places you will own short-term, spending less than 10 per cent of your home's value on renovations will ensure a good return on the investment. I suggest spending your money on quality items you can take with you to your next place. If you plan on staying in one spot for a long time, invest in renovations that help you enjoy the space: Bathrooms, kitchens, family rooms or backyard landscaping are great areas to consider renovating.

2. Hiring a contractor who hasn't worked locally

Hiring a professional contractor who has worked in your local neighbourhood has many advantages:

- It will be easy for you to check references.
- The contractor is familiar with your municipal laws for noise, parking, obtaining permits, etc.
- They know where to grab lunch, shortcuts for driving and local hardware shops for those last-minute items when completing a job.

Always get a least two quotes for the work needed to be done and call at least two references. Always visit at least one reference place (and not the contractor's own home).

3. Not being forthcoming about budgets

When it comes to money, homeowners (and contractors and trades) lose their ability to talk openly about how much is available and how much is needed. Homeowners think if they disclose their budget, the contractor will use it all and then want more. Contractors think if they commit to a price too early that they will not make any money.

Agree upfront on the budget and work in a bonus for the contractor if they come in on time or spend under the estimated amount.

Always have 20 per cent extra saved for additional upgrades and unforeseen costs and ask for a fixed-cost budget from your contractor. This will ensure that the agreed-

upon job is completed before the contractor is fully paid.

4. Forgetting about closets and lighting

Two areas often forgotten about in a renovation are a proper lighting plan and well outfitted closets. A contractor often waits for the homeowner to plan this and homeowners assume it's the job of the contractor.

As soon as the closets are drawn on the floor plan, you should start considering how they will be used and what you will need in-

side of each closet (shelving, rods, lights, drawers, etc.).

Knowing the style, size and weight of each lighting source will allow your contractor to plan your lighting scheme with an electrician. Having the 150 pound chandelier on-hand is the best way to plan on how to wire and hang it.

5. Taking advice from too many people

Quite often homeowners are excited about their upcoming project and tell everyone, resulting in opinions from too many people. This will only drive your support team crazy!

You should find one friend who has been through a similar reno and stick with them as a sounding board. Between yourself, your friend, designer and contractor you will have enough expertise to get the job done. Remember: There can be too many chefs in a kitchen. Thank your uncle, doctor, workmate or distant cousin for their input, but take it all with a grain of salt.



ISTOCK

Keeping the keepers



Pottery Barn Kids' Butterfly Art Cable is one temporary way to display children's art. POTTERY BARN KIDS/THE ASSOCIATED PRESS

Exhibit ABC. Create a rotating gallery of little ones' masterpieces with these expert tips

It's a conundrum many parents face: What to do with the steady flow of drawings, paintings and collages that children bring home from school and camp? Which are the keepers and — besides sticking them up on the refrigerator with magnets — how can you display them creatively?

Children's art absolutely has a place in home decor and can add a welcome personal touch, said Esther Sadowsky, owner of Charm & Whimsy, an interior

design firm in Jersey City, N.J.

"Sometimes my jaw drops when I see the work of my customers' children," she said. "Children's art displayed in a house — it's a home then."

Arrange art in groupings

She suggests displaying kids' works in art groupings. She often lays out the pieces on the floor so she can visualize how they fit together. "You can make a beautiful arrangement," said Sadowsky, who has a painting she made as a 12-year-old hanging in her own living room.

Hang art from a wire

Mandy Rose of Carterville, Ill.,

who loves to decorate her house and writes about it at houseofroseblog.com, strung wire between two hooks and allows her kids to pick and choose what they want to hang up. The setup allows them to highlight favourite paintings and projects until they make something they like better.

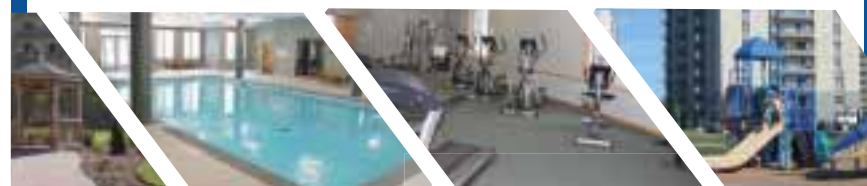
Clip art in an frame

Jeffrey Cudlin, a professor of curatorial studies and practice at Maryland Institute College of Art in Baltimore, uses binder clips to hang his son's art in an ornate frame that usually hangs in his dining room; the clips mean he can rotate different pieces through the frame.

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Lamb Chops with Parsley and Mint Sauce. St. Paddy's Day is coming up, so get in the kitchen and try this classic dish

"A parsley and mint sauce is an easy way of adding flavour to lamb chops," writes Rachel Allen in Rachel's Irish Family Food.

"The anchovies give the sauce a wonderful depth that works particularly

well with lamb and doesn't taste at all fishy. The mint and parsley bring freshness while the capers give the sauce their own particularly punchy flavour.

"You can make the sauce ahead and it will keep in a

jar for up to two weeks in the fridge. Do take it out of the fridge about half an hour or so before serving, to give the flavours a chance to wake up.

"The sauce would also be an excellent accompani-

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331389 2x500 mL

\$14.95

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Please celebrate responsibly

Featured products available at select LCBO stores. Prices subject to change without notice. Price offers in effect until March 30, 2014.

**TOTAL
TIME**
15 MINUTES



This recipe serves four to six. FROM RACHEL'S IRISH FAMILY FOOD BY RACHEL ALLEN (COLLINS, 2013)

Ingredients

- 8-12 lamb loin chops
- 4 tbsp extra virgin olive oil
- Salt and freshly ground black pepper
- Parsley and Mint Sauce**
- Handful of mint leaves
- 2 handfuls of parsley leaves
- 2 tbsp capers, drained and rinsed
- 8 tinned anchovies
- 6 tbsp extra virgin olive oil
- 2-4 tbsp freshly squeezed lemon juice
- Salt and freshly ground black pepper

ment to grilled steak, roast chicken, or pan-fried mackerel."

1. To make the sauce, combine the herbs, capers, anchovies, olive oil and 2 tablespoons of the lemon juice in a food processor. Whiz for a minute, then add salt and pepper or more lemon juice to taste. If you don't have a food processor you can chop everything finely by hand and mix together.

2. Place a frying pan or griddle pan over high heat. While it is heating, drizzle the lamb chops with the olive oil and season with salt and pepper. Place in the hot pan and cook for 2-4 minutes on each side, until just pink in the centre. Serve

immediately with a drizzling of the sauce.

RECIPE FROM RACHEL'S IRISH FAMILY FOOD BY RACHEL ALLEN (COLLINS, 2013)

Cookbook of the Week

From Ireland to your kitchen

Rachel Allen is one of Ireland's bestselling cookbook authors. In Rachel's Irish Family Food, she shares 120 authentic recipes. A healthy mix of traditional and modern Irish cooking, the book also contains stories, history and insights into Irish life from across all the counties of the country. Among the



recipes in this book are: Kineith Pork Casserole, Irish Stew, Irish Sunday Roast and more. **METRO**

NHL

Operation bumped up for Peverley

Rich Peverley will not play again this season after the Dallas Stars forward collapsed on the bench during a game Monday.

One of Peverley's doctors said at a news conference Wednesday that the 31-year-old will undergo a procedure that was originally planned for after the season. He was diagnosed with an irregular heart-beat in training camp.

Dr. Robert Dimeff said Peverley's playing status beyond this season is unknown.

THE ASSOCIATED PRESS

NBA

Lakers shut down Kobe for the rest of the season

Kobe Bryant won't be back on the court for the Los Angeles Lakers this season.

Bryant's broken bone in his left knee still hasn't healed enough for weight-bearing exercise.

THE ASSOCIATED PRESS

Thrill of chasing Phil

"Everything's in his hands now."



Carmelo Anthony said Wednesday that he has heard Phil Jackson will be "coming on board" with the New York Knicks, the strongest indication yet that the

11-time NBA champion coach will soon be taking over the team's basketball operations. Anthony went as far as to suggest that it's no longer a question of if Jackson will rejoin the Knicks, but when.



Brian McKeever and his guide Graham Nishikawa win the gold medal in the men's visually impaired one-kilometre sprint at the 2014 Paralympic Winter Games on Wednesday in Sochi. MATTHEW MURNAGHAN/CANADIAN PARALYMPIC COMMITTEE/TORSTAR NEWS SERVICE

Downed but never out of it



Cross-country skiing. McKeever recovers from a fall to win his second gold medal of the Paralympics

Two hundred metres into the race, Brian McKeever was suddenly on his backside and it appeared his ninth career Paralympic gold medal was slipping away.

But he wasn't letting it go without a fight and the Canmore, Alta., cross-country

skier, led by guide Graham Nishikawa of Whitehorse, caught up to the pack to win the men's visually impaired sprint at the Sochi Paralympics on Wednesday.

It's McKeever's second gold of the 2014 Games and the 12th medal of his illustrious Paralympic career. The 34-year-old also won gold in the 20-kilometre event on Monday.

The two Canadians easily advanced to the final where a Russian skier stepped on McKeever's pole, causing him to crash around the 200-metre mark of the one-kilometre race.

Awaiting a silver medal

Meanwhile, alpine sit-skier Kimberly Joines of Rossland, B.C., finished second in the women's slalom, although the results are still unofficial after a German skier appealed her disqualification from the first run. A decision is expected Thursday morning.

But McKeever scrambled to his feet and, with the help of Nishikawa, caught up to the rest of the pack.

"It wouldn't be right for me to tell you what I said in my head, but once the cuss words were out, the only thing you can do is get back up and race," said McKeever. "I thought we were clear, but that is normal and it happens in sprinting when you are all fighting and tight. Everyone is going flat out. It is intense and everyone is at their limit. We are just fortunate it happened in the first 200 metres and not at the end so we had time to catch up."

Canada has eight medals (two gold, two silver, four bronze) and sits third in the overall tally. THE CANADIAN PRESS

Raonic thankful for family's move to Canada



Milos Raonic sends a forehand to opponent Andy Murray at the BNP Paribas Open in Indian Wells, Calif., on Wednesday. MARK J. TERRILL/THE ASSOCIATED PRESS

Canadian Milos Raonic scored a special win on a special day as he beat Andy Murray for the third time in four career matches for a place in the quarter-finals of the BNP Paribas Open.

The 23-year-old from Thornhill, Ont., turned in a 4-6, 7-5, 6-3 victory over the Wimbledon winner on Wednesday, the 20th anniversary of his family's emigrating from the former Yugoslavia (now Montenegro) to Canada. Raonic said he got a reminder from his sister of the big occasion, which he credits

Serving up extra mustard

15

Milos Raonic served up 15 aces to just three double-faults against Andy Murray.

with changing his life.

"That move for our family has given as much to me as it has to my brother, my sister and my parents: great educations; great support system that my parents instilled in us was made possible through the

Canadian system," he said.

"My sister did her master's there, my brother went to university there. They got great jobs, they are living very happy lives, my father is happily retired and getting a pension.

"Everybody in the family is grateful and really appreciative of the move that was made. It wasn't easy, but I'm thankful and grateful that I have parents that were willing to give up so much for the three of us."

Raonic will next take on Alexandr Dolgoplov.

THE CANADIAN PRESS

4 SPORTS

NFL

Elway sells Ware on Broncos deal

The Denver Broncos kept their focus on defence as they agreed to a three-year, \$30-million deal with pass rusher DeMarcus Ware.

Ware didn't fully intend to agree to a deal right away, but was persuaded by Broncos boss John Elway.

THE ASSOCIATED PRESS

Champions League

Messi leads Barca to quarter-finals

Lionel Messi and Dani Alves scored second-half goals as Barcelona beat 10-man Manchester City 2-1 on Wednesday to reach the Champions League quarter-finals for the seventh straight season. Barcelona advanced with a 4-1 aggregate win. THE ASSOCIATED PRESS



Lionel Messi takes the ball past Vincent Kompany. THE ASSOCIATED PRESS

Cyprus Cup soccer

Canadian women finish 5th in Cyprus

Diana Matheson and Sophie Schmidt scored second-half goals as Canada rallied for a 2-1 win over Ireland to secure fifth place at the Cyprus Cup women's soccer tournament. It marked the first time in six years the Canadians haven't reached the final. THE CANADIAN PRESS

Hockey to soccer

Canada's Krueger lands EPL gig

Barely two weeks after helping Canada's hockey team win a gold medal at the Sochi Olympics, Ralph Krueger has been hired as chairman of English Premier League club Southampton. Krueger was a consultant with Canada's men's team. THE ASSOCIATED PRESS

Santana headed to ATL after Toronto GM's pitch falls short

Bullpen blues. Former all-star pitcher signs 1-year deal with Braves despite plea from Jays

Alex Anthopoulos spoke volumes with what he didn't say on right-hander Ervin Santana.

The Blue Jays had been in the mix for the former Kansas City Royal with several Toronto players making a public plea to sign the 33-year-old former all-star. But Santana, a Dominican who counts several Jays as friends, elected instead to sign with the injury-ravaged Atlanta Braves.

"I probably don't want to comment on how close I felt we got or didn't get," the Blue Jays general manager said Wednesday.

Anthopoulos deflected many questions on Santana, leaving the impression he was not happy with the way the process had gone.

Asked if he felt used, he said "No, no. But (that's) probably the only thing I'm going to say."

Money and terms apparently weren't factors in Santana's decision to sign with Atlanta.

"He had a strong desire to pitch in the NL and there was no way to compete with that," said Anthopoulos, who is also Toronto's senior vice-president of baseball operations.

Was that always the case, he was asked?

"Very good question," Anthopoulos replied, before suggesting it was better directed at the pitcher's camp.

However the Jays GM did say he was told "recently" of that strong NL interest.

Such hints aside, Anthopoulos was clearly looking to take the high road.

"Obviously it's done. He made his decision. He's in Atlanta. Great signing for them. I wish him the best. Sorry it didn't work out with us."

THE CANADIAN PRESS

State of the Jays

Unlike last off-season, the Jays have been quiet in player acquisitions. So the Santana snub stands front and centre.

- With Josh Johnson gone and question marks over J.A. Happ and Ricky Romero, the Jays are looking to bolster a starting rotation that features R.A. Dickey, Mark Buehrle and Brandon Morrow.

- Asked about the paucity of additions, Anthopoulos instead pointed to the healthy return of outfielder Melky Cabrera and pitcher Drew Hutchison.

Missed opportunity?

"I think we all feel we did everything we could."

Jays GM Alex Anthopoulos on Ervin Santana



Toronto Blue Jays GM Alex Anthopoulos keeps an eye on the action at spring training in Dunedin, Fla. on Feb. 21. Toronto was in the mix for Ervin Santana with several Blue Jays making pleas to sign the former all-star, but Santana instead signed with the Atlanta Braves. FRANK GUNN/THE CANADIAN PRESS

Jays' Stroman learns not to take his foot off the gas

The education of Jays pitching prospect Marcus Stroman continued Wednesday in a 5-4 exhibition loss to the Tampa Bay Rays.

The 22-year-old right-hander was cruising until the third inning when he loaded the bases with no outs.

A Desmond Jennings bloop single knocked in one run and the Rays scored another through Ali Solis when Matt Joyce hit into a spectacular Jose

On Wednesday

5

Rays

4

Jays

Reyes-Ryan Goins double play.

"An unbelievable play," said Stroman, who then took mat-

ters into his own hands.

The five-foot-nine 185-pounder stabbed a hot shot on the mound to escape the inning trailing 2-0.

Jeremy Moore, a 26-year-old minor leaguer, homered off Stroman to make it 3-0 in the fourth with a shot that cleared the 36-foot-high batter's eye looming behind the centre-field fence 400 feet away. Tampa added another run in the sixth.

THE CANADIAN PRESS

MLB

Ryan asks Astros fans for patience

On his second day as the Houston Astros' executive adviser, Nolan Ryan asked for patience.

The 67-year-old Hall of Famer is back with the team he pitched for during nine of 27 MLB seasons.

During six seasons as president of the Texas Rangers, Ryan helped lead the team to four straight 90-win seasons. The Astros are coming off four consecutive seasons of 100 or more losses. THE ASSOCIATED PRESS

MLB. Yankees' Kuroda gives up 6 runs in less than 4 innings vs. Tigers

Hiroki Kuroda gave up six runs and 10 hits over 3 2/3 innings Wednesday as the New York Yankees and Detroit Tigers played to a 7-7 tie in 10 innings.

Nick Castellanos drove in two runs with a double during Detroit's four-run, six-hit first inning against Kuroda. Trevor Crowe had a two-run double during the third.

"I think the velocity is pretty good," Kuroda said through an interpreter. "It's a matter of

small changes mechanically. I need to make adjustments, especially on my slider. I had a hard time finding good pitches, so that's what led to a bad result."

Kuroda also faced the Tigers last Friday, allowing one hit, walking one and striking out five over 2 2/3 scoreless innings.

Anibal Sanchez allowed one run, three hits and struck out three in four innings for Detroit. THE ASSOCIATED PRESS

Horoscopes

Aries

March 21 - April 20

The future is not bleak, no matter what some pessimists say. In fact it is exceedingly bright and you are in the right place at the right time to take advantage of all the good things that will be coming.

Taurus

April 21 - May 21

It's OK if you want to shut yourself off from the world and be alone with your thoughts for a while. Others may think you are behaving strangely but only because they are insensitive.

Gemini

May 22 - June 21

No matter how go-getting and ambitious a Gemini you may be, there are times when even you must slow down and take time to smell the flowers along the way. Like right now.

Cancer

June 22 - July 23

If you recently did something wrong then learn from it what you can, then put it behind you and move on. You'll make mistakes tomorrow too, of course, but your successes will far outnumber them.

Leo

July 24 - Aug. 23

If you don't want to do something then leave it. Others may mean that you should be making an effort but they're wrong. You should work only on things that interest you.

Virgo

Aug. 24 - Sept. 23

Today's Sun-Saturn link will encourage you to get serious about career prospects. Map out how you see your ambitions unfolding over the next six months — and who you can rely on for support.

Libra

Sept. 24 - Oct. 23

Your sixth sense tells you that something drastic is going to happen. But what some people see as a disaster over the next 24 hours, you will see as a golden opportunity.

Scorpio

Oct. 24 - Nov. 22

Saturn in your sign, linked to the Sun in Pisces, urges you to take life at a slower pace. What you achieve over the next 24 hours or the next 24 years, will not be determined by speed but staying power.

Sagittarius

Nov. 23 - Dec. 21

Don't waste time lamenting what might have been. Sagittarius is a Fire sign, which among other things means you should always be looking forward to the next adventure.

Capricorn

Dec. 22 - Jan. 20

You may not understand how and why certain events had to happen but you can see there is no point being negative. While others complain today, you will make the most of the changes.

Aquarius

Jan. 21 - Feb. 19

There is always an answer, even to the most difficult of questions, so don't lose heart if your existence isn't easy. Despite what some choose to believe life is, was and always will be a garden of delights.

Pisces

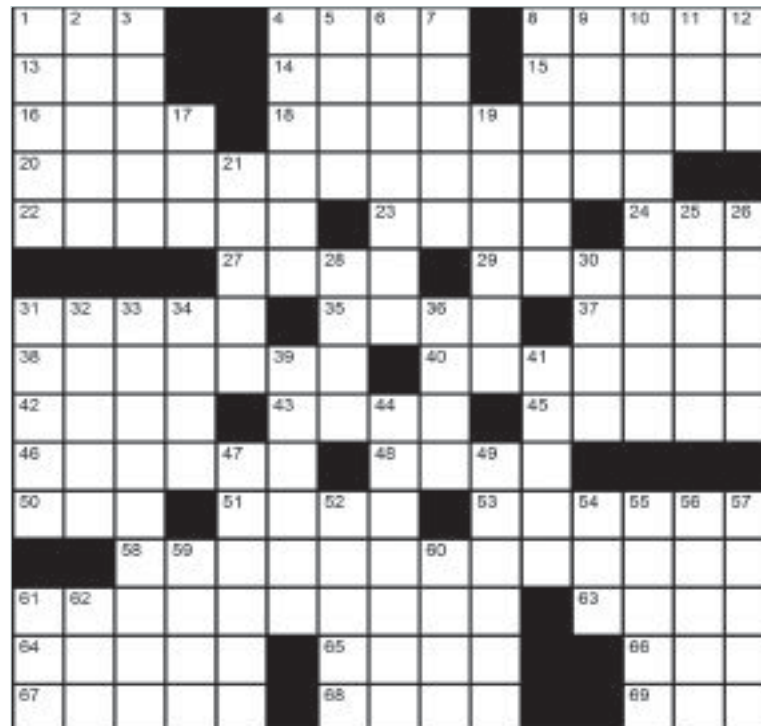
Feb. 20 - March 20

The Sun in your sign is protecting you from harm and with Saturn on your side as well today it's as if you have some kind of force field around keeping negative ideas, and negative people, at bay. **SALLY BROMPTON**

Crossword: Canada Across and Down

Across

- Kitty's rival
- Crepe Creme connection: 2 mots
- Eminem's mentor: 2 wds.
- Flight schedule acronym
- City near Provo, Utah
- Baseball great Hank
- Slangy affirmatives
- Trapeze-fallers catchers: 2 wds.
- Creators of Quebec cheese Oka in 1893 in a Cistercian Abbey: 2 wds.
- Calgary's motto on its city crest
- Crossword rendering of an owl couple peering out
- Na Na
- Paul McCartney's 1995 radio show, ___ Joobu
- ___ garage
- "Rolie ___ Olie"
- Gas or elec., e.g.
- "Diana" (2013) character
- "Disco Inferno" by The ___
- Modernize
- Shreds
- Prefix to 'dermic' (Syringe sort)
- Prayers' last words
- Oxygen-dependent being
- Canadian musician



- Mr. Kim
50. Chairman Mao's military gr.
51. Bldg. planner
53. "All ___!" (Train call)
58. Randy Jackson's role on "American Idol": 2 wds.
61. Shakespearean

- tragedy about a General of Rome
63. Unaccompanied
64. ___ Building (NYC's mecca of '50/'60s songwriting)
65. Foul
66. Race the engine
67. War horse
68. "Be ___!" (Help

- out!)
69. Saskatoon's airport code

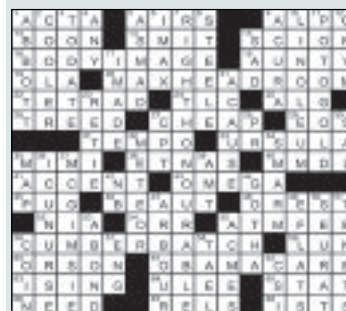
Down

- Banff National Park: ___ Glacier
- Sean Penn movie, "___" (1997)
- Banana/custard
- Square Dancing call
- Ages
- Omitted: 2 wds.
- Write ___ (Do office work)
- Any ___ (Tomorrow, perhaps?)
- Position
- 'No jeans' policy:

BY KELLY ANN BUCHANAN

- 2 wds.
11. Moulder
12. Nav. designation
17. Facials-getting site
19. Play the flute
21. Preamble
25. Actor, Thomas ___ Church
26. Botanical casings
28. Overly ornate
30. Basketball's Lamar
31. Sink's plumbing fitting, ___
32. Bay window
33. Portage ___, Manitoba
34. Cream's "___ Glad"
36. Music's ___ & Wine
39. Carbolic acid
41. 1994 Oasis album: 'Definitely ___'
44. Soup ingredient
47. Look!
49. ___ in distress
52. Tropical fruit
54. Some film roles, Walk-___
55. 'Affirm' suffix (Giving assent)
56. Watch brand
57. Celine Dion song: "I ___ All Night"
59. Cairo's river
60. ___ Varner, Lee Remick's role in "The Long, Hot Summer" (1958)
61. TV network
62. Food scrap

Yesterday's Crossword



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



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